



# REDUCE YOUR RISK OF STROKE

## *Free screening and assessment event*

Stroke is the third-leading cause of death in the United States and the leading cause of serious, long-term disability.

*Receive a free stroke assessment and learn what you can do to lower your risk and recognize the warning signs.*

Date: Thursday, May 20, 2010  
Time: 10:00 a.m. - 3:00 p.m.  
Location: ARMC, Main Lobby  
400 North Pepper Avenue, Colton



Screenings: ◆ Height  
◆ Weight  
◆ Body mass index  
◆ Stroke assessment  
◆ Diabetes and Nutrition counseling  
◆ Blood pressure  
◆ Blood sugar  
◆ Cholesterol  
◆ Pharmacy consultations  
(please bring current medications)

ARMC Physicians will review screening and assessment results to determine your risk for stroke.

**Due to time constraints, only first 200 attendees will be screened.**

*Light refreshments will be served.*

For more information, please call (909) 580-6185



**The Heart Of A  
Healthy Community**



**ARROWHEAD** REGIONAL MEDICAL CENTER

[www.arrowheadmedcenter.org](http://www.arrowheadmedcenter.org)